

MOVING ON UP - Supporting Your Child Through The Transition From Year 6 to Year 7



New Beginnings...Think back to your first day at Secondary...

How did you feel?



Confident?



Scared?



Proud?



Mixed?



Lonely?



Shy?



Nervous?



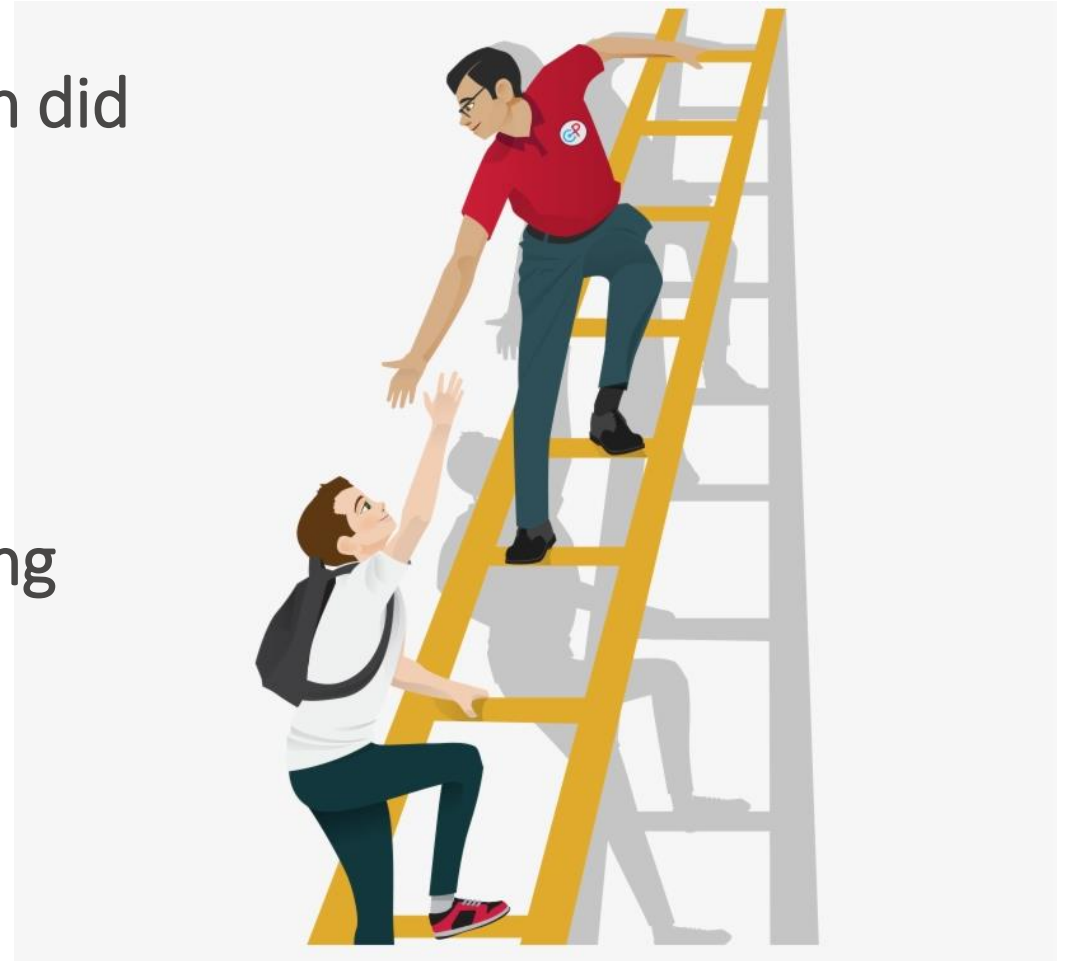
Excited?

How did you cope with your feelings?

Did those feelings prevail, and if not, when did they change?

Who or what helped you cope?

By Xmas that year do you remember feeling the same?



Common Transition Worries

PRIMARY



Will I make friends?
Will I get lost?
Will I fit in?
Will I get bullied?
Will my teacher like me?
Will my teacher be strict?
Will I get in trouble?
Will I find the work too tricky?

SECONDARY



Will I make friends?
Will I get lost?
Will I fit in?
Will I get bullied?
Will my teachers like me?
Will my teachers be strict?
Will I get detention?
Will I find the work too tricky?

Stats!!

In Australia a 2014 study found that, those who had a positive expectation of the transition were three times more likely to have a positive transition.

Family relationships have been found to be more important during transitions than relationships with teachers and classmates

Involvement in sports, youth groups etc can help to develop social networks & promote self-esteem & resilience during transitions

Regular parent-school communication and engagement were strongly associated with transition experience.

International research also suggests that parental involvement in the transition process had a positive impact on the child's transition

As a parent or carer
there is much you can
do to help your child
through this period
with careful and
sensitive preparation.

There are 4 distinct
areas for support..



Encourage them to explore their feelings.

Create an environment



Involve others, friends, family etc



Say goodbye to Primary friends,
teachers and other school staff



Keep Talking



Help them prepare and connect

Feeling connected with us is important and will help your child settle in.

Look at the school website with your child

Take part in any induction events.

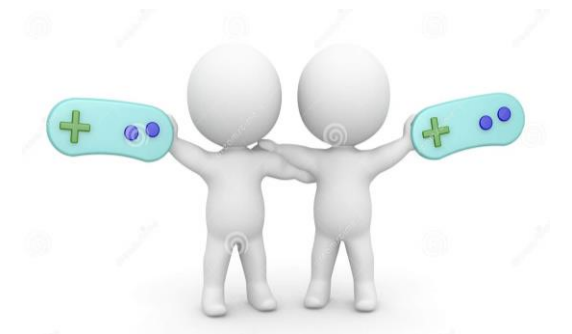
Meet any key members of staff and get to know how best to communicate with school.

It may help to identify a trusted adult at the school (i.e. form tutor or Head of Year) who can be the first point of contact for any worries.

Help your child plan their journey. It may be the first time travelling to school alone so practicing the trip can be an important part of preparing them.

Help them to build friendships and relationships.

Whether your child is going to a school where a lot of their friends are going, or they are going to a school where they do not know anyone, it's important to start talking about friendships.



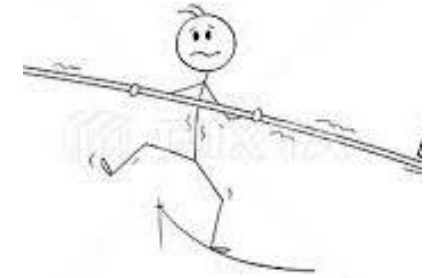
Empowering your child

Empower and support your child to take steps towards independence however big or small.

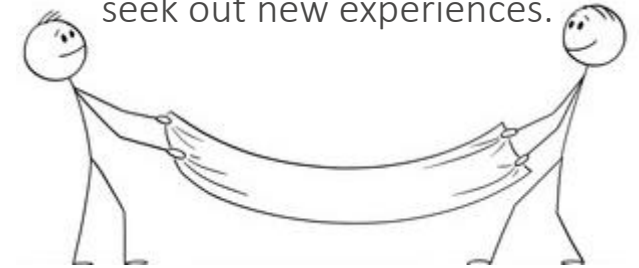


Give small responsibilities in the home to build up their confidence and independence

Give your child lots of praise where you can and notice the things they are doing well.



Providing security gives children the confidence to explore and test their new environment and seek out new experiences.



Everything we do is aimed at growing our child's confidence, supporting them to see that a new school is a new adventure and then it becomes an exciting and positive experience, but if there are any wobbles on the way, they know they can come to you for reassurance and help.

Through the eyes of a child



Its Hard for Parents...

It can feel hard to let your child go into an environment that you don't know well and that you have less control over.

Children can often pick up a feeling of anxiety from you so try to find ways to manage that.

You are not alone: this time can be difficult for families.

Talk to someone you trust about how you feel.

Remember that your child still needs you and relies on you, and boundaries are needed to keep them safe.

Thoughts about Transition for us all...

- Transition is exciting for children as it marks a new phase in their lives.
- Children recognise it as part of growing up and are aware that their lives are about to change.
- Most children will manage the transition to secondary school easily. There may be ups and downs as it is easy for children to slip from feeling happy and confident one minute, to feeling nervous and worried the next, as they find their feet. This is perfectly normal.
- Some worry is normal and it can actually be useful as it helps us prepare for potential challenges and adapt to new surroundings.
- As parents we can provide an anchor in times of change – we can be constant, reliable, comforting, irritating and stable.

Still worried?

If you're worried about your child for any reason please don't hesitate to arrange a meeting in school or on the telephone.

You can contact school on 01274 771444 where you can meet or speak to heads of year, senior team, tutors, subject staff and Place2Be.

Other Useful Contacts:

Young Minds Parents Helpline: 0808 802 5544

Family Lives Parentline: 0808 800 2222



"Empowering Their Future"



Any Questions, Worries or Concerns?